

NBRC Gym Schedule

November 2-22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	moriday	roesday	weanesday	inursday	miday	Seturday	sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30		
6:30am							
7:00am						Open Gym	
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	6:30-8:30	Open Gym
8:00am							
8:30am						Barbell Crouit	
9:00am	Pickleball		Pickleball		Pickleball	E:30-9:30	Drop-in
9:30am							CoEd
10:00am							Volleyball
10:30am	Drop-in Fit For Life 10:30-11:30	Open Gym 8:45-1:00	Orop-in Fit For Life 10:30-11:30	Open Gym 8:45-1:00	Drop-in Fit For Life 10:30sm- 11:30sm	Open Goreo Gym 9:45- 9:30- 12	8:00-12:00
11:00am							
11:30am						1:00	
12:00pm	Drop-in Adult		Drop-in Adult		Drop-in Adult		
12:30pm	Basketball 11:30:1:30		Basketball 11:30.1:30		Basketball 11:30.1:30		
1:00pm	11.30-1.30	Drop-in Senior		Drop-in Senior	11.201.20		Drop-in All Ages Basetball
1:30pm	Open Gym 1:30-2:30	Basketball 1:00-2:30		Basketball 1:00-2:30	Open Gym	Drop-in All Ages	12:00-3:00
2:00pm					1:30-2:30		
2:30pm		Drop-					
3:00pm	Drop-In All	In All	Open Gym	Drop-In All	Drop-in All Ages	Basketball	
3:30pm	Ages Basketball	Ages Gonzo 85al 2:45.4	1:30-5:15	Ages Basketball	Basketball		
4:00pm		2:30-					
4:30pm		5:00	l				
5:00pm		Open Gym		Open Gym			Open Gym
5:30pm	Drop-In HIIT	Barbell Circuit 5:30-	Drop-in Hill	Barbell Grout 1:30-	i	Open Gvm	3:00-8:00
6:00pm	5:15-6:30	615	5:15-6:30	625	Open Gym	5:00-7:00	
6:30pm		Women's Wild 6-7	J.25 0.30	Women's Wild 67	5:00-7:30		
7:00pm						4	
7:30pm	Indoor		Adult Drop-In		-	7 .	
8:00om	Kickball	Open Gym	Basketball	Open Gym	1		
8:30pm	6:30-9:30	7:00-9:30	7:00-9:00	7:00-9:30			
9:00pm			Onen Gym			7 1	

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to Http://www.boulderparks-rec.org